



Preventing Weight Gain

Information for Patients

This toolkit was developed in cooperation with the American Academy of Family Physicians and its program, Americans In Motion.

- Fact:** Most Americans gain at least 1-2 pounds per year, some even more.
- Today, over 60% of the U.S. adult population is overweight or obese. Individuals gaining weight are at increased risk for diabetes, hypertension, some types of cancer, gall bladder disease, liver disease, sleep apnea, respiratory problems, and osteoarthritis.
- Fact:** Weight gain is preventable with small changes in physical activity and caloric intake.
- Research shows weight gain can be prevented in 90% of adults by burning at least 100 extra calories per day, with a small increase in physical activity (about 2,000 steps) and by eating 100 calories less (with smarter choices) each day.¹
- Fact:** Stopping weight gain alone improves health, and is the first step to weight loss.
- Commitment must first be made to stop weight gain through small changes in physical activity and food intake. Once the prevention of weight gain is achieved, continuing to increase physical activity and decrease caloric intake may eventually result in weight loss. Research also shows losing as little as 5% to 10% of total weight can significantly improve health.²
- Fact:** America On the Move can help you stop weight gain.
- America On the Move Foundation (AOMF) is a national non-profit organization helping Americans make and sustain small changes in physical activity and food intake. AOMF's science-based programs are free, easy to use and available both online and offline, thanks to generous sponsors like LEAN CUISINE®. Learn more at americaonthemove.org.

Rx for better health

Today's date: _____

I will make the following small changes:

- Calculate my current "baseline" number of steps/day.
- Increase my daily physical activity by adding 2,000 steps over my "baseline."
- Commit to reducing my food intake by 100 calories every day.

Follow-up Date:
Patient Signature:
Healthcare Professional Signature:



¹ Hill JO, Wyatt H, et al. "Obesity and the Environment: Where do We Go From Here?" Science, vol 299: February 7, 2003.

² Diabetes Prevention Research Group. "Reductions in the Incidence of Type 2 Diabetes with Lifestyle Intervention or Metformin." JAMA, vol 346, no 6: February 7, 2002.



Visit americaonthemove.org for free tools and information.

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Get a FREE Step Counter

Send in 3 UPC codes from LEAN CUISINE® products and get a FREE step counter and Special Edition Quick Start Guide (value \$10) from America On the Move. (See reverse side for details and redemption instructions.)



SAVE \$1.50

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Take Your First Step Today

To get you going, AOMF's national program sponsor LEAN CUISINE® provides coupons (below) – use them to jump start healthy eating habits and to get a FREE step counter and special edition Quick Start Guide so that you can start moving today!

Start Moving

Get a step counter. Redeem the special offer below while supplies last (a \$10 value). Step counters (also called pedometers) are also available at americaonthemove.org and at most sporting good stores.

Find your baseline. Wear your step counter every day from when you wake up until when you go to bed for 3 days within one week. Record your steps for each day, add up the total steps, and divide by 3.

Add 2,000 steps. Add steps to your daily routine until you are taking 2,000 steps over your baseline. Strive to add more steps each day by choosing from *100 Ways to Add 2,000 Steps* at americaonthemove.org.

Move More - Each Step Counts. Wearing a step counter (pedometer) is an easy way to track your daily steps. Clip your step counter to your waist, directly above your knee. If you are pregnant or large waisted, try clipping it to your hip or the middle of your back. Be sure it is horizontal to the ground, not angled or dangling from your clothing. Test for accuracy by setting the step counter to 0 and walking 50 steps. Check the display. It should read between 45-55. If it reads more or less, reposition the counter and check again.

Eat Smarter

Eat 100 fewer calories each day. Choose from *100 Ways to Cut 100 Calories* at americaonthemove.org. Try a new tip each day or find a tip that works best for you.

Make mindful food choices. Take a step toward achieving sensible daily caloric intake. Simply eat less of the foods you usually choose. You won't be changing the type of food you eat, merely the amount.

Strive for optimal nutrition. Choose a diet that is low in fat (25-30 percent of calories), high in fiber (25-30 grams), and rich in fruits and vegetables.

Watch Your Portions. Select single-serve portions for snacks and meals and use the calorie count on the label as a way to guide choices. Frozen prepared meals are an excellent way to help you keep portion sizes under control. LEAN CUISINE® entrées have <30% of calories from fat and contain from 440-690 milligrams of sodium (18-29% of the recommended Daily Value).* You can learn more about proper serving sizes at americaonthemove.org.



*excludes Dinnertime Selects, Paninis, and French Bread Pizzas

Get More Information and Tools

Don't stop here! Go to americaonthemove.org to:

- Register and get your own personalized AOM web page
- Access tools to set goals and track your progress
- Find nutritious recipes and health articles
- Download hundreds of helpful tips, tracking log sheets and more

SPECIAL OFFER BY MAIL

EXPIRES 12/31/08

americaonthemove.org

allow 2-4 weeks for delivery

Get a FREE Step Counter!

To redeem, send three (3) UPC codes from LEAN CUISINE® products, this offer, and your name and address to: America On the Move, attn: Free Offer, P.O. Box 1718, Buffalo, NY 14231-1718. Request must be postmarked by or before 12/31/08. Copies of UPC symbols will not be accepted and will not be returned. Not responsible for lost, late, stolen, misdirected, or illegible requests. Limit 1 per household or address. Requests that in America On the Move Foundation's sole discretion do not comply with terms and conditions of offer, including fraudulent requests, are invalid. Do not staple, glue or tape the UPC's to this offer. This offer may not be republished without written consent from America On the Move Foundation. Void where prohibited or restricted by law. LEAN CUISINE® is a registered trademark of Société des Produits Nestlé S.A., Vevey, Switzerland.



SAVE \$1.50

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5 tips for adding steps to my day

- Take the stairs instead of the elevator or escalator.
- At work, send your documents to the printer down the hall.
- Get off the bus 1 or 2 stops early and walk the rest of the way.
- Designate 10 minutes of your lunch break for a quick walk.
- Pace in place while you watch TV or talk on the phone.

5 tips for cutting calories each day

- Regularly substitute lunch or dinner with a 400 calorie or less frozen prepared meal.
- Leave 3-4 bites on your plate at every meal.
- Eat slowly to make your meal last longer.
- Snack on fresh fruit instead of chips, crackers or cookies.
- When you dine out, only eat half your entrée or split it with a friend.



National Program Sponsor

LEAN CUISINE®

America On the Move, with support from LEAN CUISINE®, presents the Healthcare Professional Toolkit, designed to show patients how small steps can lead to big changes that improve health and quality of life.

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